







**DeKalb County School District
Smart Bites Health & Wellness
October 2016
Elementary Breakfast Menu**

Joyce R. Wimberly, School Nutrition, Executive Director DeKalb County School District

MON	TUE	WED	THU	FRI
<p>3 Choice of Entrée: Breakfast Pizza</p> <p>Honey Nut Cheerios with Toast V</p> <p>Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>4 Choice of Entrée: Turkey Sausage Biscuit</p> <p>Cinnamon Chex with Biscuit V</p> <p>Fruit Selections: Strawberry Kiwi Juice Fresh Orange</p>	<p>5 Choice of Entrée: Scrambled Egg/Toast</p> <p>Apple Cinnamon Cheerios with WG Toast V</p> <p>Fruit Selections: White Grape Juice Applesauce</p>	 <p align="center">Fall Break</p>	 <p align="center">Fall Break</p>
 <p align="center">Columbus Day</p>	<p>11 Choice of Entrée: Chicken Sausage Bites</p> <p>Cinnamon Chex with Toast V</p> <p>Fruit Selections: Strawberry Kiwi Applesauce</p>	<p>12 Choice of Entrée: WG Cheese Toast V</p> <p>Apple Cinnamon Cheerios with WG Toast V</p> <p>Fruit Selections: White Grape Juice Apple Wedges</p>	<p>13 Choice of Entrée: Turkey Sausage Biscuit</p> <p>Frosted Mini Wheats with WG Biscuit V</p> <p>Fruit Selections: Tangerine Juice Fresh Banana</p>	<p>14 Choice of Entrée: Pancake N' Links/Syrup</p> <p>Strawberry Yogurt with Blueberry Muffin Top V</p> <p>Fruit Selections: Assorted Juice Mandarin Oranges</p>
<p>17 Choice of Entrée: French Toast Sticks/Syrup V</p> <p>Honey Nut Cheerios with WG Toast V</p> <p>Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>18 Choice of Entrée: Breakfast Pizza</p> <p>Cinnamon Chex with Toast V</p> <p>Fruit Selections: Strawberry Kiwi Juice Fresh Orange</p>	<p>19 Choice of Entrée: Whole Grain Beef Biscuit</p> <p>Apple Cinnamon Cheerios with WG Biscuit V</p> <p>Fruit Selections: White Grape Juice Applesauce</p>	<p>20 Choice of Entrée: Chicken & Waffles</p> <p>Frosted Mini Wheats with WG Toast V</p> <p>Fruit Selections: Tangerine Juice Fresh Banana</p>	<p>21 Choice of Entrée: WG Cinnamon Mini Waffles V</p> <p>Peach Yogurt with Granola V</p> <p>Fruit Selections: Assorted Juice Mandarin Oranges</p>
<p>24 Choice of Entrée: Breakfast Pizza</p> <p>Honey Nut Cheerios with Toast V</p> <p>Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>25 Choice of Entrée: Turkey Sausage Biscuit</p> <p>Cinnamon Chex with Biscuit V</p> <p>Fruit Selections: Strawberry Kiwi Juice Fresh Orange</p>	<p>26 Choice of Entrée: Scrambled Egg/Toast</p> <p>Apple Cinnamon Cheerios with WG Toast V</p> <p>Fruit Selections: White Grape Juice Applesauce</p>	<p>27 Choice of Entrée: Turkey Sausage Breakfast Bagel</p> <p>Frosted Mini-Wheats with WG Toast V</p>  <p>Fruit Selections: Tangerine Juice Fresh Cantaloupe</p>	<p>28 Choice of Entrée: Whole Grain Beef Biscuit</p> <p>Cheese Omelet/Biscuit</p> <p>Fruit Selections: Assorted Juice Mandarin Oranges</p>
<p>31 Choice of Entrée: Whole Grain Maple Chicken Sausage Pancake Sandwich</p> <p>Honey Nut Cheerios with WG Toast V</p> <p>Fruit Selections: Apple Juice Fruit Cocktail</p>	<p>Nov 1 Choice of Entrée: Chicken Sausage Bites</p> <p>Cinnamon Chex with Toast V</p> <p>Fruit Selections: Strawberry Kiwi Fresh Banana</p>	<p>2 Choice of Entrée: WG Cheese Toast V</p> <p>Apple Cinnamon Cheerios with WG Toast V</p> <p>Fruit Selections: White Grape Juice Apple Wedges</p>	<p>3 Choice of Entrée: Turkey Sausage Biscuit</p> <p>Frosted Mini Wheats with WG Biscuit V</p> <p>Fruit Selections: Tangerine Juice Fresh Banana</p>	<p>4 Choice of Entrée: Pancake N' Links/Syrup</p> <p>Strawberry Yogurt with Blueberry Muffin Top V</p> <p>Fruit Selections: Assorted Juice Mandarin Oranges</p>

2016-2017 Elementary Meal Prices

Full Paid Breakfast	\$1.40
Reduced Breakfast	\$0.30
Full Paid Lunch	\$2.50
Reduced Lunch	\$0.40
Adult Breakfast	\$1.90
Adult Lunch	\$3.50
Milk	\$0.80

Choice of Milk is available with every meal



**Farm to School:
Fresh Cantaloupe**

1/2 C = 15 Calories

- Cantaloupe is an excellent source of Vitamin A
- It's rich in antioxidants
- Helps with hydration - 90 % water,



This institution is an equal opportunity provider and employer

V = Vegetarian Item
WG = Whole Grain